

Nature's Perfect Food



How Milk Became America's Drink

E. Melanie DuPuis

Natures Perfect Food How Milk Became Americas Drink

**Anders Ekström, Solveig Jülich, FRANS
LUNDGREN, Per Wisselgren**

Natures Perfect Food How Milk Became Americas Drink:

Nature's Perfect Food E. Melanie Dupuis, 2002-02 The story of how Americans came to drink milk For over a century America's nutrition authorities have heralded milk as nature's perfect food as indispensable and the most complete food These milk boosters have ranged from consumer activists to government nutritionists to the American Dairy Council and its ubiquitous milk moustache ads The image of milk as wholesome and body building has a long history but is it accurate Recently within the newest social movements around food milk has lost favor Vegan anti milk rhetoric portrays the dairy industry as cruel to animals and milk as bad for humans Recently books with titles like *Milk The Deadly Poison* and *Don't Drink Your Milk* have portrayed milk as toxic and unhealthy Controversies over genetically engineered cows and questions about antibiotic residue have also prompted consumers to question whether the milk they drink each day is truly good for them In *Nature's Perfect Food* Melanie Dupuis illuminates these questions by telling the story of how Americans came to drink milk We learn how cow's milk which was associated with bacteria and disease became a staple of the American diet Along the way we encounter 19th century evangelists who were convinced that cow's milk was the perfect food with divine properties brewers whose tainted cow feed poisoned the milk supply and informal wetnursing networks that were destroyed with the onset of urbanization and industrialization Informative and entertaining *Nature's Perfect Food* will be the standard work on the history of milk

Nature's Perfect Food E. Melanie Dupuis, 2002-02-01 The story of how Americans came to drink milk For over a century America's nutrition authorities have heralded milk as nature's perfect food as indispensable and the most complete food These milk boosters have ranged from consumer activists to government nutritionists to the American Dairy Council and its ubiquitous milk moustache ads The image of milk as wholesome and body building has a long history but is it accurate Recently within the newest social movements around food milk has lost favor Vegan anti milk rhetoric portrays the dairy industry as cruel to animals and milk as bad for humans Recently books with titles like *Milk The Deadly Poison* and *Don't Drink Your Milk* have portrayed milk as toxic and unhealthy Controversies over genetically engineered cows and questions about antibiotic residue have also prompted consumers to question whether the milk they drink each day is truly good for them In *Nature's Perfect Food* Melanie Dupuis illuminates these questions by telling the story of how Americans came to drink milk We learn how cow's milk which was associated with bacteria and disease became a staple of the American diet Along the way we encounter 19th century evangelists who were convinced that cow's milk was the perfect food with divine properties brewers whose tainted cow feed poisoned the milk supply and informal wetnursing networks that were destroyed with the onset of urbanization and industrialization Informative and entertaining *Nature's Perfect Food* will be the standard work on the history of milk

Milk and Honey Tamar Novick, 2023-08-08 An innovative historical analysis of the intersection of religion and technology in making the modern state focusing on bodily production and reproduction across the human animal divide In *Milk and Honey* Tamar Novick writes a revolutionary environmental

history of the state that centers on the intersection of technology and religion in modern Israel Palestine Focusing on animals and the management of their production and reproduction across three political regimes the late Ottoman rule British rule and the early Israeli state Novick draws attention to the ways in which settlers and state experts used agricultural technology to recreate a biblical idea of past plenitude literally a land flowing with milk and honey through the bodies of animals and people Novick presents a series of case studies involving the management of water buffalo bees goats sheep cows and people in Palestine Israel She traces the intimate forms of knowledge and bodily labor production and reproduction in which this process took place and the intertwining of bodily political and environmental realms in the transformation of Palestine Israel Her wide ranging approach shows technology never replaced religion as a colonial device Rather it merged with settler colonial aspirations to salvage the land bolstering the effort to seize control over territory and people Fusing technology religious fervor bodily labor and political ecology Milk and Honey provides a novel account of the practices that defined and continue to shape settler colonialism in the Palestine Israel revealing the ongoing entanglement of technoscience and religion in our time

Alternative Food Networks David Goodman,E. Melanie DuPuis,Michael K. Goodman,2012-02-20 This timely book provides a critical review of the growth of alternative food networks and their struggle to defend their ethical and aesthetic values against the standardising pressures of the corporate mainstream with their placeless and nameless global supply networks It explores how these alternative movements are making a difference and their possible role as fears of global climate change and food insecurity continue to intensify

Gut Knowledges Kristin Hunt,2023-10-13 This book examines historical and contemporary activist alimentary performance with an eye toward or perhaps a taste for what these performance modes can reveal about changing relationships between the senses truth justice and ethical action amid the post truth era s destabilization of shared notions of truth This inquiry emerges in response to an urgent need to understand how multisensory models of knowledge truth and justice can be ethically employed to nurture a more just society Alongside this goal is a drive to understand the ways in which these modes of performance are being co opted by authoritarians white supremacists anti science activists and others to shore up injustice promote misinformation and anxiously guard existing systems of power and privilege From white supremacist milk drinking performances to liberatory uses of culinary performance as pedagogy Kristin Hunt analyzes both disturbing and inspiring alimentary events to understand how performers cooks scholars artists and activists can effectively cultivate models of alimentary performance that center plenitude joy and justice while pushing back against models rooted in anxiety diminishment and cruelty The text should be of interest for students in performance studies contemporary theatre and theatre history as well as courses in food studies and popular culture

Urban Infrastructure Joseph Heathcott,Jonathan Soffer,Rae Zimmerman,2022-10-11 Urban Infrastructures creates space for an encounter between historians humanists and social scientists who seek new methodological approaches to the history of urban infrastructure It draws on recent work across history anthropology

science and technology studies geography resilience sustainability and other disciplines to explore the social effects of infrastructure The volume rejects narrow conceptions of infrastructure history as only the history of public works and instead expands the definition to all business enterprises and public bodies that provide the goods and services essential for the day to day lives of most people Essays examine traditional artifacts such as roads highways and waterworks as well as nontraditional topics like regimes of heating and cooling the processing and distribution of food and even the metaphysics of electromagnetic infrastructure Contributors reveal both the material grounding of urban social relations and the social life of material infrastructure In the end they show that infrastructure profoundly reshapes urban life even as residents fight to reshape infrastructure to their own ends

A Geography of Digestion Nicholas Bauch, 2017 A Geography of Digestion explores the legacy of the Kellogg Company one of America's most enduring and storied food enterprises In the late nineteenth century company founder John H Kellogg was experimenting with state of the art advances in nutritional and medical science at his Battle Creek Sanitarium At the same time he was involved in overhauling the form and function of the broader landscapes in which his health practice was situated Innovations in food manufacturing machinery urban sewer infrastructure and agricultural technology came together to forge an extensible geography of his patients bodies changing the way Americans consumed and digested food In this novel approach to the study of the Kellogg enterprise Nicholas Bauch asks his readers to think geographically about the process of digesting food Beginning with the stomach Bauch moves outward from the sanitarium through the landscapes and technologies that materialized Kellogg's particular version of digestion Far from a set of organs confined to the epidermal bounds of the body the digestive system existed in other places Moving from food processing machines to urban sewerage to agricultural fields A Geography of Digestion paints a grounded portrait of one of the most basic human processes of survival the incorporation of food into our bodies leading us to question where exactly our bodies are located Provided by publisher

Meat! Sushmita Chatterjee, Banu Subramaniam, 2021-02-15 What is meat Is it simply food to consume or a metaphor for our own bodies Can bloody vegan burgers petri dish beef live animals or human milk be categorized as meat In pursuing these questions the contributors to Meat trace the shifting boundaries of the meanings of meat across time geography and cultures In studies of chicken fish milk barbecue fake meat animal sacrifice cannibalism exotic meat frozen meat and other manifestations of meat they highlight meat's entanglements with race gender sexuality and disability From the imperial politics embedded in labeling canned white tuna as the chicken of the sea to the relationship between beef bans yoga and bodily purity in Hindu nationalist politics the contributors demonstrate how meat is an ideal vantage point from which to better understand transnational circuits of power and ideology as well as the histories of colonialism ableism and sexism Contributors Neel Ahuja Irina Aristarkhova Sushmita Chatterjee Mel Y Chen Kim Q Hall Jennifer A Hamilton Anita Mannur Elspeth Probyn Parama Roy Banu Subramaniam Angela Willey Psyche Williams Forson

Nutritionism Gyorgy Scrinis, 2013-06-18 Popularized by Michael Pollan in his best selling In

Defense of Food Gyorgy Scrinis's concept of nutritionism refers to the reductive understanding of nutrients as the key indicators of healthy food an approach that has dominated nutrition science dietary advice and food marketing Scrinis argues this ideology has narrowed and in some cases distorted our appreciation of food quality such that even highly processed foods may be perceived as healthful depending on their content of good or bad nutrients Investigating the butter versus margarine debate the battle between low fat low carb and other weight loss diets and the food industry's strategic promotion of nutritionally enhanced foods Scrinis reveals the scientific social and economic factors driving our modern fascination with nutrition Scrinis develops an original framework and terminology for analyzing the characteristics and consequences of nutritionism since the late nineteenth century He begins with the era of quantification in which the idea of protective nutrients caloric reductionism and vitamins curative effects took shape He follows with the era of good and bad nutritionism which set nutricentric dietary guidelines and defined the parameters of unhealthy nutrients and concludes with our current era of functional nutritionism in which the focus has shifted to targeted nutrients superfoods and optimal diets Scrinis's research underscores the critical role of nutrition science and dietary advice in shaping our relationship to food and our bodies and in heightening our nutritional anxieties He ultimately shows how nutritionism has aligned the demands and perceived needs of consumers with the commercial interests of food manufacturers and corporations Scrinis also offers an alternative paradigm for assessing the healthfulness of foods the food quality paradigm that privileges food production and processing quality cultural traditional knowledge and sensual practical experience and promotes less reductive forms of nutrition research and dietary advice

Geographies of Race and Food Rachel Slocum, Arun Saldanha, 2016-04-15 While interest in the relations of power and identity in food explodes a hesitancy remains about calling these racial What difference does race make in the fields where food is grown the places it is sold and the manner in which it is eaten How do we understand farming and provisioning tasting and picking eating and being eaten hunger and gardening better by paying attention to race This collection argues there is an unacknowledged racial dimension to the production and consumption of food under globalization Building on case studies from across the world it advances the conceptualization of race by emphasizing embodiment circulation and materiality while adding to food advocacy an antiracist perspective it often lacks Within the three socio physical spatialities of food fields bodies and markets the collection reveals how race and food are intricately linked An international and multidisciplinary team of scholars complements each other to shed light on how human groups become entrenched in myriad hierarchies through food at scales from the dining room and market stall to the slave trade and empire Following foodways as they constitute racial formations in often surprising ways the chapters achieve a novel approach to the process of race as one that cannot be reduced to biology culture or capitalism

The Routledge History of American Foodways Michael D. Wise, Jennifer Jensen Wallach, 2016-02-12 The Routledge History of American Foodways provides an important overview of the main themes surrounding the history of food in the Americas from the pre

colonial era to the present day By broadly incorporating the latest food studies research the book explores the major advances that have taken place in the past few decades in this crucial field The volume is composed of four parts The first part explores the significant developments in US food history in one of five time periods to situate the topical and thematic chapters to follow The second part examines the key ingredients in the American diet throughout time allowing authors to analyze many of these foods as items that originated in or dramatically impacted the Americas as a whole and not just the United States The third part focuses on how these ingredients have been transformed into foods identified with the American diet and on how Americans have produced and presented these foods over the last four centuries The final section explores how food practices are a means of embodying ideas about identity showing how food choices preferences and stereotypes have been used to create and maintain ideas of difference Including essays on all the key topics and issues The Routledge History of American Foodways comprises work from a leading group of scholars and presents a comprehensive survey of the current state of the field It will be essential reading for all those interested in the history of food in American culture

Milk Mark Kurlansky, 2019-09-05 Mark Kurlansky's first global food history since the bestselling *Cod and Salt* the fascinating cultural economic and culinary story of milk and all things dairy with recipes throughout While mother's milk may be the essence of nourishment it is the milk of other mammals that humans have cultivated ever since the domestication of animals more than 10 000 years ago Today milk is a test case in the most pressing issues in food politics from industrial farming and animal rights to GMOs the locavore movement and advocates for raw milk who controversially reject pasteurisation Profoundly intertwined with human civilisation milk has a compelling and surprisingly global story to tell and historian Mark Kurlansky is the perfect person to tell it Tracing the liquid's diverse history from antiquity to the present he details its curious and crucial role in cultural evolution religion nutrition politics and economics *Animal Industries* Taina Syrjämaa, Marja Jalava, Taija Kaarlenkaski, Otto Latva, Eeva Nikkilä, Tuomas Räsänen, 2024-04-01 This book examines an extremely topical phenomenon the massive industrial exploitation of animals from a previously neglected perspective It explores the history and development of animal industries in Nordic countries from their establishment in the late nineteenth century to the present day These countries are often considered to be progressive and advanced in animal protection but consumption practices in this area are actually excessive in relation to planetary resources and are among the most unsustainable on a global scale If we want to understand current problems it is essential to be aware of long term changes and continuities as well as the diversity of animals that have been exploited The purpose of this book is to explain these changes and provide new knowledge for scholars in human animal studies decisionmakers and the general public Milking in the Shadows Julie C. Keller, 2019-01-07 Migrant workers live in a transnational world that spans the boundaries of nation states Yet for undocumented workers this world is complicated by inflexible immigration policies and the ever present threat of enforcement Workers labeled as illegals wrestle with restrictive immigration policies evading border patrol and local

police as they risk their lives to achieve economic stability for their families For this group of workers whose lives in the U S are largely defined by their tenuous legal status the sacrifices they make to get ahead entail long periods of waiting extended separation from family and above all tremendous uncertainty around a freedom that many of us take for granted everyday mobility In *Milking in the Shadows* Julie Keller takes an in depth look at a population of undocumented migrants working in the American dairy industry to understand the components of this labor system This book offers a framework for understanding the disjuncture between the labor desired by employers and life as an undocumented worker in America today

Milk Deborah Valenze, 2011-06-28 The illuminating history of milk from ancient myth to modern grocery store How did an animal product that spoils easily carries disease and causes digestive trouble for many of its consumers become a near universal symbol of modern nutrition In the first cultural history of milk historian Deborah Valenze traces the rituals and beliefs that have governed milk production and consumption since its use in the earliest societies Covering the long span of human history Milk reveals how developments in technology public health and nutritional science made this once rare elixir a modern day staple The book looks at the religious meanings of milk along with its association with pastoral life which made it an object of mystery and suspicion during medieval times and the Renaissance As early modern societies refined agricultural techniques cow s milk became crucial to improving diets and economies launching milk production and consumption into a more modern phase Yet as business and science transformed the product in the nineteenth and twentieth centuries commercial milk became not only a common and widely available commodity but also a source of uncertainty when used in place of human breast milk for infant feeding Valenze also examines the dairy culture of the developing world looking at the example of India currently the world s largest milk producer Ultimately milk s surprising history teaches us how to think about our relationship to food in the present as well as in the past It reveals that although milk is a product of nature it has always been an artifact of culture

Trucking Country Shane Hamilton, 2008-09-15 *Trucking Country* is a social history of long haul trucking that explores the contentious politics of free market capitalism in post World War II America Shane Hamilton paints an eye opening portrait of the rural highways of the American heartland and in doing so explains why working class populist voters are drawn to conservative politicians who seemingly don t represent their financial interests Hamilton challenges the popular notion of red state conservatism as a devil s bargain between culturally conservative rural workers and economically conservative demagogues in the Republican Party The roots of rural conservatism Hamilton demonstrates took hold long before the culture wars and free market fanaticism of the 1990s As Hamilton shows truckers helped build an economic order that brought low priced consumer goods to a greater number of Americans They piloted the big rigs that linked America s factory farms and agribusiness food processors to suburban supermarkets across the country *Trucking Country* is the gripping account of truckers whose support of post New Deal free enterprise was so virulent that it sparked violent highway blockades in the 1970s It s the story of bandit drivers who inspired country songwriters and

Hollywood filmmakers to celebrate the last American cowboy and of ordinary blue collar workers who helped make possible the deregulatory policies of Jimmy Carter and Ronald Reagan and set the stage for Wal Mart to become America's most powerful corporation in today's low price low wage economy Some images inside the book are unavailable due to digital copyright restrictions

Milk Hannah Velten, 2010-05-15 Milk It does a body good It's difficult to deny the truth of the American Dairy Council's former advertising campaign From birth milk is the sustaining and essential food of all mammals It is the first food we ever taste And yet despite that na

Back to the Breast Jessica Martucci, 2015-11-20 By chronicling the back to the breast movement among American mothers Jessica L Martucci provides a welcome account of what it has meant to breastfeed in modern America She reveals why breastfeeding practice made a comeback in the second half of the twentieth century even amid overwhelming advice from medical and scientific experts advocating the sufficiency if not the superiority of bottle feeding While rates of breastfeeding fell throughout the 1950s and 60s only to rebound in the 70s the return to breastfeeding began several decades earlier Its statistical reemergence was preceded the author shows by the development of an ecological and evolutionary view of motherhood family and nature that continues to shape ideas policies and expectations surrounding breastfeeding in America to this day

History of Participatory Media Anders Ekström, Solveig Jülich, FRANS LUNDGREN, Per Wisselgren, 2012-07-26 This book argues for a historical perspective on issues relating to the notion of participatory media Working from a broad concept of media including essays on the 19th century press early sound media photography exhibitions television and the internet the book offers a broad empirical approach to different modes of audience participation from the mid 19th century to the present Using the insights from the historical case studies the book also explores some of the key concepts in discussions on the politics of participation arguing for a theoretical perspective sensitive to the asymmetries that characterize the distribution of agency in the relationship between media and users Scholarly discussions on participatory media now occur in several fields This book argues that all of these discussions are all too often obscured by a rhetoric of newness assuming that participatory media is something unique in history radical and revolutionary By challenging the historiography implicit in this rhetoric the book also engages in a discussion of issues of more general relevance to the multidisciplinary field of media history

Animals and the Shaping of Modern Medicine Abigail Woods, Michael Bresalier, Angela Cassidy, Rachel Mason Dentinger, 2017-12-29 This book is open access under a CC BY 4.0 license This book breaks new ground by situating animals and their diseases at the very heart of modern medicine In demonstrating their historical significance as subjects and shapers of medicine it offers important insights into past animal lives and reveals that what we think of as human medicine was in fact deeply zoological Each chapter analyses an important episode in which animals changed and were changed by medicine Ranging across the animal inhabitants of Britain's zoos sick sheep on Scottish farms unproductive livestock in developing countries and the tapeworms of California and Beirut they illuminate the multi-species dimensions of modern medicine and its rich historical connections

with biology zoology agriculture and veterinary medicine The modern movement for One Health whose history is also analyzed is therefore revealed as just the latest attempt to improve health by working across species and disciplines This book will appeal to historians of animals science and medicine to those involved in the promotion and practice of One Health today

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